

Fun and interesting facts (About the broccoli)

1. What is unique about broccoli?

Broccoli is not a natural vegetable; it was created by humans through selective breeding from the wild cabbage, known as [Brassica oleracea](#). It originated in [Italy](#), dating back 2,000 years. It was cultivated by ancient civilizations such as the [Etruscans](#) and Romans.

2. What are the key chemical constituents of broccoli?

Broccoli has an abundant amount of vitamin C, vitamin A, vitamin K, and folate. It also has minerals such as potassium, iron, and calcium. Broccoli also has sulforaphane, which plays a role in the prevention of cancer. Broccoli also has fiber and antioxidants such as flavonoids and carotenoids.

3. Do you know there is a Guinness world record for the heaviest broccoli crop?

In 1993, John and Mary Evans grew the broccoli crop in [Alaska](#), United States of America. They obtained the broccoli, measuring about 15.87 kg (35 lb).

4. From which language is the word ‘broccoli’ obtained?

It is obtained from the Italian word ‘broccolo’, meaning the flowering crest of cabbage. The flowering crest of cabbage.

5. What are the health benefits of broccoli?

In collagen production, wound recovery, and iron absorption, vitamin C is an essential component. Vitamin K is a crucial component in blood clotting and healthy bone formation. Vitamin A has a key role in normal vision. Potassium has a crucial role in normal heart functioning. Fibers are essential for proper digestion. Folate is an essential component in the growth and development of tissues, while antioxidants have a key role in inflammation and chronic disease.

References

- <https://www.britannica.com/plant/broccoli>
- <https://en.wikipedia.org/wiki/Broccoli>
- <https://www.guinnessworldrecords.com/world-records/heaviest-broccoli>